LTC Matthews was born in North Carolina. He was commissioned via ROTC as an Air Defense Artillery (PATRIOT) officer from the University of North Carolina at Charlotte (1996) where he also earned a Bachelor of Science in Accounting. He holds a Masters of Business Administration (MBA) from Webster University. LTC Matthews' previous assignments include Platoon Leader, Battery Executive Officer, Battalion S-2 (Fort Bliss, Texas); Operations Officer (Giessen, Germany); Battery Commander, Battalion S-4 (Hanau, Germany); Personnel Systems Staff Officer, Executive Assistant/XO, Program Analyst (Pentagon, Washington DC); Battalion Executive Officer (Fort Bliss, Texas); Brigade Executive Officer (Fort Sill, Oklahoma); Division Logistics Advisor (Taji, Iraq); and NATO Defense Planner (Mons, Belgium).

LTC Matthews' operational assignments include Operations Desert Storm (1991); Southern Watch (1998); Iraqi Freedom I (2003); and New Dawn (2010-2011).

LTC Matthews has attended the Air Defense Artillery Basic Course, Engineer Officer Advanced Course, Combined Arms Services Staff School, Command and General Staff College, and the Battalion Commander Pre-Command Courses (Army, TRADOC, Fires). Additional schools include the Army Force Management School, Planning, Programming, Budgeting and Execution Systems (PPBES) course; Resource Management Budget Course; Joint Planners Course; and the NATO Defense Planner Course.

LTC Matthews' awards include the Bronze Star Medal, Defense Meritorious Service Medal, Meritorious Service Medal (2OLC), Army Commendation Medal (3OLC), Army Achievement Medal, and the Army Good Conduct Medal. LTC Matthews is married to the former Chandris (Shawn) Harrison of Atlanta, Georgia. They have three children: Joshualin, Savon, and Malik.